

You are cordially invited  
to donate a pound or two of your flesh to

# Palestine

by taking part in our

# Sponsored Diet

*in aid of various organizations including:*

- \*\*14 Friends of Palestine\*\***      **\*\*Keep Hope Alive\*\***
- \*\* Israeli Committee Against House Demolitions\*\***
- \*\*If Americans Knew\*\***      **\*\*Jewish Voice for Peace\*\***
- \*\* US Campaign to End the Israeli Occupation\*\***

## **The Rules**

1. Weigh in at a private home in San Rafael on Sunday Jan 3rd 2010
2. Get sponsors (*suggest \$1 per pound, or more*)
3. Eat less or differently
4. Exercise more, on your own, or join our weekly hikes
5. Weigh-out Sunday March 21st, after 11 weeks
6. Collect money from sponsors
7. Give in all money to organizer by Saturday May 1st 2010
8. Stop exercising and eat lots so we can do it all again next year ☺

*Please note that while your actual weight will remain confidential, your weight loss (or gain!) will be broadcast for the merriment of others.*

If you want to join, please email [14friendsofpalestine@gmail.com](mailto:14friendsofpalestine@gmail.com)

Long distance dieters from elsewhere in America are welcome to join us.

Penalty clause:

Anyone who gains weight pays a fine of \$10 per pound (*we could raise quite a lot of money this way*)

## **Automatic disqualification for:**

- 1. Rocks in pockets at weigh-in**
- 2. Use of helium balloons at weigh-out**
- 3. Limb amputation**
- 4. Child birth**

Good luck! And may we all end up with a figure of a twelfth grader.